

Inhalant Facts for Parents

What are inhalants?

Inhalants are chemicals, usually found in common household products, with vapors that are inhaled through the nose or mouth to cause a "high" feeling.



Why are they dangerous?

Some chemicals damage nerve endings, or the brain itself. Some cause heart attacks, and others are linked to cancer, or to liver or kidney damage. Some cause breathing problems, and some cause sudden death.

What kinds of inhaled products should I be aware of?

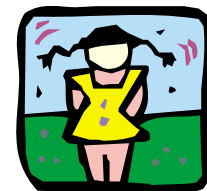
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| • ammonia | • room deodorizers | • aerosol spray |
| • butane | • hair spray | • paint thinner |
| • cooking spray | • nail polish remover | • some felt tip markers |
| • correction fluid | • gasoline | • spray paints |
| • lighter fluid | • kerosene | • medical gases, like nitrous oxide |
| • oven cleaners | • refrigerants | |

What are the signs of use?

watch for falling grades, chronic absences and general apathy in school which can be caused by inhalant abuse (these may be signs of other problems as well). Other signs include: red or runny eyes or nose; spots or sores around the mouth; unusual breath odor; drunk, dazed or dizzy appearance; nausea, loss of appetite; weight loss, trouble staying awake, excessive irritability, and inhalant paraphernalia (soda cans, plastic bags, rags and old socks that smell of chemicals).

What can I do about inhalants?

The best way to prevent inhalant abuse is to talk to your children about the dangers of inhaling chemicals. Use poison stickers to warn very young children. Most importantly, keep these poisons out of reach.



Talk to your kids. Keep track of where they are and what they are doing. Get to know their friends. Stay alert to the possibility of inhalant abuse. If you suspect that your child is having a problem with inhalants, get help from a school counselor or a drug counseling center. Your child's life may depend on it!

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